



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, March 12th - 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 450 521 2393#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

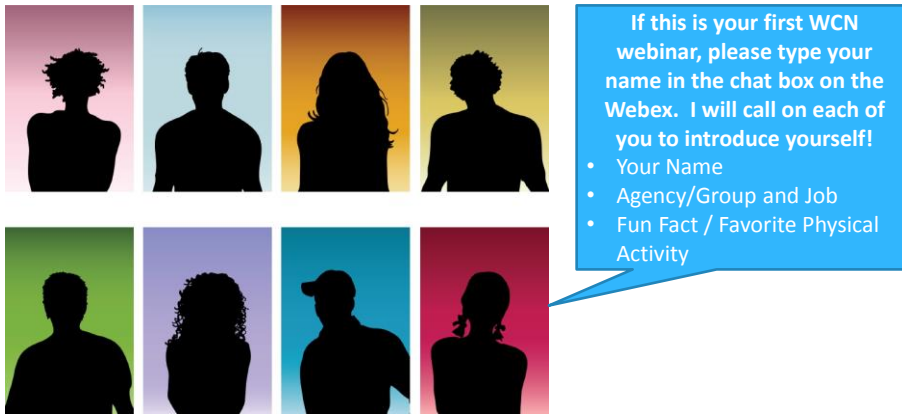
Mute your personal line

Please check the volume on your phone

Agenda

- **Welcome New Champions!**
- **WCN Recruitment – Results!**
- **Setting Goals & Action Plans**
 - With Special Guest Jack Bastable
- **Heart Smart Challenge Wrap Up & What's our NEXT Challenge??**
- **Lifestyle Coaching – March Focus**
- **Did You Know . . . Your EAP can help you with all THIS?**
 - With Special Guest Alec Hawley
- **March EAP Webinar**
- **March Seminar**
- **March is National Nutrition Month!!**

Welcome New Champions!



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Wellness Champion Network

- Spring Recruitment
- E-mail sent out Thursday, March 5th
- Over 30 NEW Champions expressed interest!!!!
- Welcome Aboard!!



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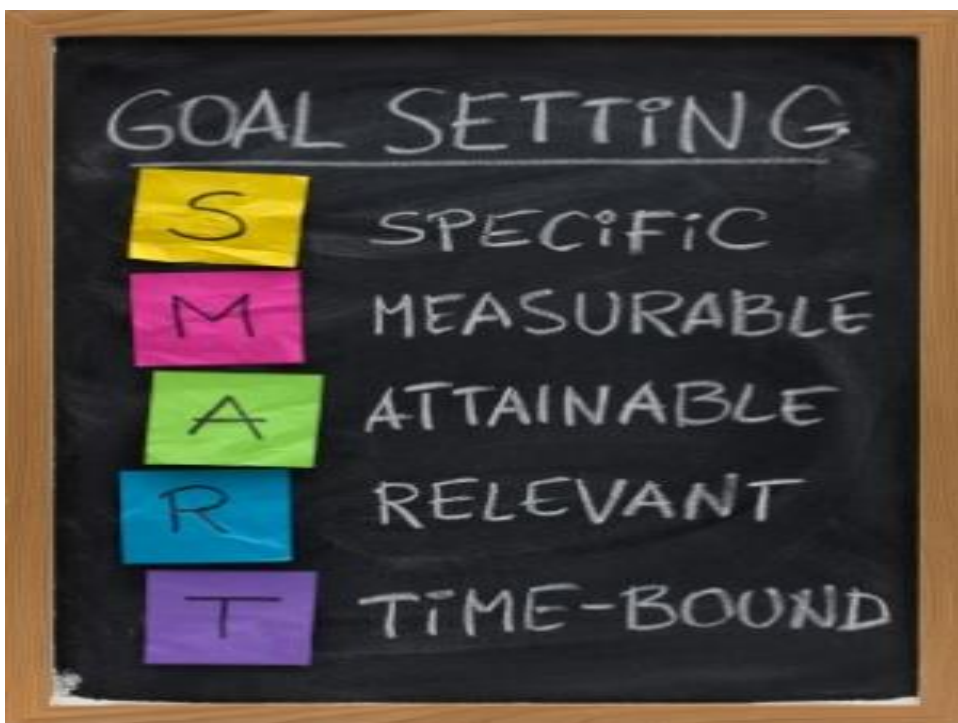
4 Steps to Building a High Performance Wellness Team for your Agency or Department

4 STEPS TO DEVELOPING & SUSTAINING A HIGH- PERFORMANCE WELLNESS TEAM TO IMPACT YOUR AGENCY OR DEPARTMENT

1. Recruiting your team
2. Establishing your vision together
- 3. Setting goals and action plans**
4. Maintaining motivation and building sustainability



"A goal without a plan is just a wish."
Antoine de Saint-Exupery



GOALS & ACTION PLANS

- Keep it simple
- Make sure everybody understands their role
- Meet regularly to review your goals, action plans & outcomes



Goal	Actions	Who is responsible	Outcome
1.			
2.			

RESOURCES

<https://blog.udemy.com/smart-action-plan>

<http://www.the-happy-manager.com/tips/team-goal-setting/>



Challenges!

- **Maintain Don't Gain – November 20, 2014 – December 31, 2014**
– 3,281 Completers
- **Heart Smart – February 2 – February 27, 2015 – 2,943**
Completers
- **Strive for Five – June 1 – June 26, 2015**
- **Stress Busters – September 14 – October 9, 2015**



Lifestyle Coaching: Program Details



- Enroll at www.KansasHealthQuest.com or call **1-888-275-1205, Option 4**

- Earn 10 credits for Lifestyle Coaching** by completing one call or two-way email per month for six months + a check-in assessment.
- Earn 5 credits for Virtual Coaching** by completing one Healthy Action (on your Action Plan) per week for six weeks + a check-in assessment.



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Choose Your Focus Area



Your Resources

Library

Tools



Welcome Test484870 ▾

Step 1

Choose Your Focus Area

Where do you want to be six months from now? Pick the area you're ready to work on and we'll help you get there. Let's do this!



Reach a Healthy Weight

We'll help you set realistic weight goals, make a plan to change your eating habits and be more active. You can do this!

[Learn More](#)
[Get Started](#)


Improve Your Diet

Learn how to make some simple changes that can lead to lasting results.

[Learn More](#)
[Get Started](#)


Feel Less Stress

Make an easy-to-follow plan to reduce stress and make new habits to feel better.

[Learn More](#)
[Get Started](#)


Be More Active

Make a plan to get more active in a



Live Tobacco Free

Proven strategies for overcoming

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Choose Lifestyle (Work with a Coach) or Virtual (Do it yourself)

Alere

Kansas
Department of Health
HealthQuest

Your Resources Library Tools

Welcome Test524657

Step 4

Get Support!

It's a fact. People are more successful when they have a coach to help them make a change. And you (yes, you!) are eligible to work with a coach at no additional cost. Here's what you'll get:

- ✓ Earn 10 credits: complete 6 scheduled calls or two-way emails with your coach (one call/email per month for 6 months) and a check-in assessment within 6 months of enrolling.
- ✓ Scheduled Calls: Coaching sessions over the phone with an expert chosen just for you.
- ✓ Unlimited Call-ins: A number to reach a coach ANY TIME between your scheduled calls.
- ✓ Emails: You can email your

Do It Yourself

Not sure coaching is right for you? No problem! This site gives you the tools you need to reach your goals. Here's how it works:

- ✓ You'll get an Action Plan to help you reach your goal.
- ✓ You work at your own pace. We'll encourage you to take a few steps toward your goals each week, and you'll earn points as you go.
- ✓ Tips and program reminders via email.

I'm Ready!

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Employee Assistance Program (EAP)....No Inquiry Too Big or Too Small
Presented by ComPsych® Corporation



Your EAP can help with MOVING

- Apartment Hunting
- Finding Shelter
- Locating a Moving Company
- Buying a Home
- Uncovering Local Resources

Unusual Example:

Client looking to rent a single-family home zoned for horses and goats. Has 1 horse, 1 goat, 2 dogs, 2 rabbits & a rat.



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Your EAP can help with FINDING CHILD CARE

- Daycare Centers and Homes
- Nannies
- Before- and after-school care
- Emergency and back-up care
- Camps
- Vacation programs
- Preschool and nursery programs
- Programs for children with special needs



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Your EAP can help with EVENT PLANNING

- Low-Cost Travel Options
- Weddings
- Family Reunions
- Weekend Getaways
- Concert Tickets
- Birthday Parties



Unusual Example:

Client looking to have a wedding in Jamaica under a full moon.

Online Information, Tools and Services

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USA (English) »

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[I forgot my username](#)

[I forgot my password](#)

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 SILVER AWARD WINNER

STEVES AWARDS
 WINNER

Galaxy 2012 Awards
 Marketing

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888.275.1205, Option 7**TDD: 800.697.0353**

Multilingual Support Available

Or Online:

www.GuidanceResources.comCompany Web ID: **SOKEAP**

Website available in English and Spanish

EAP Announcements

Join us for brief (15-20minute) webinars over lunch to learn how EAP can work for you! No Inquiry Too Big or Too Small for Your EAP

- **March 31st at 11am and 12pm**
- **April 1st 12 and 1 pm**
- **April 2nd 12pm**

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MARCH 2015 EAP WEBINAR

THURSDAY, MARCH 26TH, 2015, 11:30 A.M.

✓ Time Management Principles

✓ Register at

<https://attendee.gotowebinar.com/register/8739568593130997506>

Work, family and personal life responsibilities can feel overwhelming, and it sometimes seems as if a 24 hours day simply isn't long enough to get everything done. Unfortunately, no one has yet found a way to add a 25th hour to the day, so we're all forced to do the best with the time we have. By following the principles discussed in this workshop, you may still never get everything done, but you should feel more in control of your very busy life.

NEW: Have HQ Credits Posted to your HQ Account by US when you complete all information Requested on the Webinar Registration Form.

Webinar attendees will be awarded 1 HealthQuest credit.

MARCH 2015 SEMINAR

AVAILABLE ON THE PORTAL 3/1/15

Current Seminar:



Eat Healthy Foods for Less!

1
Credit

Healthy eating doesn't have to be expensive. Learn how to make healthy food choices that won't take a big bite out of your budget. Take away shopping and cooking tips to help you get the most value with your grocery list. Print out this [handout](#) to help you follow along. <[Transcript](#)>

[Learn More](#) ▾



8515 People ?

[View Seminar](#)

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MARCH IS

NATIONAL NUTRITION MONTH!!

Do YOU "Like" Us on Facebook?

<https://www.facebook.com/#!/KansasHealthQuest>

Resource:

<http://www.nationalnutritionmonth.org/nnm/>

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Thank You for Attending Today!

Next Meeting is Thursday, April 9th, 2015

11:00-11:45 am

Secret Question:

Open Questions / Comments

